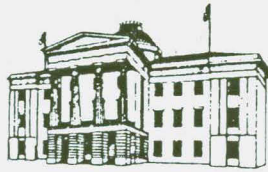


State of North Carolina



BEVERLY EAVES PERDUE
GOVERNOR

FAMILY DAY – A DAY TO EAT DINNER WITH YOUR FAMILY

2012

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, the use of illegal drugs and the abuse of prescription drugs, alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 16 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families, the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse; and

WHEREAS, the correlation between family dinners and reduced risk for teen substance abuse is well documented; and

WHEREAS, parents who are engaged in their children's lives, through activities such as frequent family dinners, are less likely to have children who abuse substances; and

WHEREAS, family dinners are a healthy way to strengthen the American family;

NOW, THEREFORE, I, BEVERLY EAVES PERDUE, Governor of the State of North Carolina, do hereby proclaim September 24, 2012, as **"FAMILY DAY – A DAY TO EAT DINNER WITH YOUR FAMILY"** in North Carolina, and I urge all citizens to recognize and participate in its observance.



BEVERLY EAVES PERDUE

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-second day of March in the year of our Lord two thousand and twelve, and of the Independence of the United States of America the two hundred and thirty-sixth.